Newsletter November 2026

- Please give a warm welcome to one of our sponsors, **Red Rock Partnership**.
  Our entertainment today is **David St Paul**.
  Hannah and her colleagues from **Age UK** are here this morning to give advice and help.

- **Buddies Sensory Stroll** after the meeting will be led by Ann, David and Denise. This is your opportunity to take some fresh air and gentle exercise with friends.

- **Happy Birthday** this month to Sue Dale, Dorothy Howell, Olwyn Miller, Barbara Smith, Marie Parker, Lilian Dolling and Maureen Sullivan.

- **Thursday November 12th**, last chance to get your ticket for the **Afternoon Tea** at the Rugby Club.

- **We have started a Jigsaw Library,** if you would like to borrow a jigsaw please see Maureen.

- **Do you keep a diary?** It can be useful to track progression of dementia, behaviour, moods, physical health, medication etc. It can help with funding applications and appeals, especially for NHS Continuing Healthcare funding.

- **Pension Credit,** you may qualify for a top up to your pension, speak to Age UK for some advice.

- **NHS Lincoln - All About Me**, this book contains key information about you that will be helpful in any health or social care setting. Should you need to go into hospital this book would be very helpful to the staff to understand your needs. We have copies of the book available for you to take home.

- **Thank you** to our sponsor this month, **Nettleham Live.**

- On Thursday 19th November we have a short presentation from **Jane White, on Better Housing – helping people with energy needs**. This will be followed by our entertainment Nigel & Teri.

- Next month on Thursday 3rd December we have Belinda and our **Big Christmas Raffle**, lots of great prizes , tickets £1 each. Plus mince pies and Christmas cake!

- Our **Christmas Party will be on Thursday 17th December from 12.00 to 2.00pm**. There will be a prize for the best Christmas outfit.

- **Quote for the month -**

  Yesterday's history, tomorrow is a mystery, today is a gift which is why it's called the present.